

MEMORANDUM

To: School Administrators, Educators, School Social Workers, and School Counselors
From: Offices of Academics and Social-Emotional Learning
Date: April 24, 2020
Re: Happiness Class for Secondary Students

Course Overview:

The Indiana Department of Education (IDOE) has designed the Happiness Class for Secondary Students as a resource for social-emotional learning for grades six -12. This online class, based on the PERMAP Model of Happiness adapted from Dr. Martin Seligman, will help students develop an awareness of the importance of their own personal happiness. Students will learn simple strategies to monitor and regulate emotional wellbeing and help manage stress. This class is self-paced, and students will be able to use lessons learned to improve their overall level of happiness.

Class Access:

Content modules were created in Google Slides and are being shared via this [Google Folder](#). Schools can create a stand-alone course or provide supplemental instruction to an existing course by adding links to these slide decks or inserting individual slides into current course modules within any learning management system (LMS). Students can access materials directly through the Google Folder if the district does not typically provide eLearning opportunities via an LMS. [This document](#) provides additional information for access.

For Middle Schools:

Middle school leaders and educators may use the Happiness Class for Secondary Students as needed with students in grades six, seven, and eight and may have this course added to their middle school record. Middle schools may use the code 0498 Advisor-Advisee if it is to be placed on the students' records.

For High Schools:

High schools may offer the Happiness Class for Secondary Students as a stand-alone or to supplement material in other courses. Schools do not have to assign high school credit in order to offer the course. Schools may offer high school credit to students in grades nine-12 by following these guidelines:

- Students may earn up to one credit.
- Schools offering a high school credit shall use course number 0590 Pilot (0590 Pilot: Student Happiness Course).
- The class may count as an elective.
- The class is not a graduation requirement.

Questions may be directed to [Holly Stachler](#), Chief Communications Strategist.